

of LDS history

Mon 12 May '98

No one can absorb more than a small part of it. It's like a never-ending banquet table, each item more delicious than the last, and you can only choose a few. If there ever could be too much of a good thing, this is it.

It's the annual conference of the Mormon History Association, held recently within the shadow of the monument which seems to symbolize it all, Brigham Young standing high above automobile traffic of the 20th century — as serene as he stood above the horse-drawn carriages of 1897 when he was put there.

There were no less than 39 separate papers, each by an expert on that particular subject. The authors range from the finest professional historians in the field to sharp young writers and researchers on their way up.

I come away each year with renewed faith in the people of different faiths, which is what the conference is all about.

The Mormon History Association was formed 21 years ago by historians of the LDS and RLDS churches, the latter the Reorganized Church of Jesus Christ of Latter Day Saints with headquarters in Independence, Mo. The title of Mormon History Association covers both of them. Until the death of Joseph Smith, their history was the same.

I come away each year with a renewed faith and a warmer feeling in the friendship of the two historical groups. There is really no contest or competition. There is certainly no backbiting or animosity. Historians of both faiths serve as officers. A past president and one of the most respected members is a woman from Indiana who is a devout Methodist and who has made a career out of studying, writing about and understanding Mormonism. She is Jan Shipps, who once called herself the "den mother of all you people."



**Theron
H. Luke**

AS IT LOOKS
TO LUKE

Each annual conference concludes with an ecumenical Sunday morning service, this year in the stately Assembly Hall on Temple Square. Speakers were Peter Judd of the RLDS, and Davis Bitton, LDS. I have read and respected Bitton's historical efforts for years. I never knew he was a talented pianist, which he proved at the conclusion of his talk.

Leaving the grounds there were two time-honored reminders of this culture that so profoundly affects anyone who lives in it, whether devout or otherwise. A guide was telling a group of fascinated tourists about the seagulls and crickets. The handcart monument, I noted, is not life-size as I have been telling my history classes — it is a heroic larger than life. Which is as it should be, because it symbolizes one of the most heroic larger than life happenings in the history of this nation. It could never be tall enough to match the stature of those for whom it was created.



For months I have carried about a collapsible camp stool on which I rest a gimpy leg whenever I have to sit for any length of time.

I walked into the LDS museum west of Temple Square and there, lined up as temporary seating, were some 20 stools just like it.

I spent the rest of the conference guiltily wondering how many people were thinking I had stolen my stool from the church museum.



Competition or not, I read with profound sorrow that Bob Ottum of the Salt Lake Tribune has written his last column. Failing health was the reason given in an editor's note. In my humble opinion, he was a great columnist. And I could tell, a fine person.



The 1987 Mormon History Association convention will be held in England, scene of so much early Mormon history. If some imponderables permit it, we plan to go for broke and be there.

The city of Bath is on the itinerary.

It will be my one and only chance to take a bath in Bath.

The \$650,000 public works building is built with

Utah County Public Works All 5 offices into a

PROVO — The Utah County Public Works Department officially moved into its new home at 2885 S. State.

In the past, the Utah County Public Works offices were located in five different places," said Clyde Naylor, county engineer. "We've been trying for some years to get all of them together."

The county accomplished that by selling its old main facility to the Utah Transit Authority and using the money to build the new more than 29,000-square-foot new one.

The new \$650,000 building is constructed of pre-engineered metal, with a masonry front. According to Naylor, the old building was sold for what it cost to build the new one.

Those housed in the new building are the administration,

Utah County

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. devotional will feature Elder Lee

PROVO — The first American Indian to serve as a general authority of the Church of Jesus Christ of Latter-day Saints will speak Tuesday at the evening spring term devotional at Brigham Young University.

Elder George P. Lee, a member of the First Quorum of the Seventy of the LDS Church since 1975, will speak at 7 a.m. in the de Jong Concert Hall of the Harris Fine Arts Center. The talk will be broadcast live on KBYU-TV (channel 11) and KBYU-FM (88.9) and repeated on TV that night at 9 and May 18 at 5 p.m. and on FM May 18 at 5 p.m.

Elder Lee was reared on the Navajo reservation and graduated from Navajo High School while on the church's placement program. He received a bachelor's degree from BYU, a master's degree from Utah State University and a doctorate in educational administration from BYU.

He is first counselor in the North America Northwest Area presidency, managing director in the Curriculum Department and as a member of the board of directors at KSL and at BYU American Indian Services.

Professionally, he has been a basketball coach, guidance counselor, teacher, educational consultant, federal programs consultant for the Health, Education and Welfare Department in Washington, D.C., and president of the College of Ganado on the Navajo reservation in northeastern Arizona.

Winner of several scholarships and awards, he served for three years as president of the Arizona Holbrook Mission.

Fatty fat to obese a high-

■ Dr. Fisher is director of Human Performance Center at Brigham Young University.

UPDATE: More research is needed on the relationship between fat and weight control.

For years we have been told to avoid eating fat — to keep our weight down. But now it's all about carbohydrates. Why? Because an ounce of fat has 9 calories, while an ounce of carbohydrates has only 4. So many more calories in fat — a high-fat diet can lead to obesity.

Because fat is concentrated source of energy, it made sense to avoid it. But the relationship of obesity and fat intake seemed clear. Now it's all about carbohydrates — both of them.

First, fat people are not necessarily more than thin — in fact, they are. Therefore, the idea that fat is the cause of obesity seems to be the real problem. The idea doesn't hold up.

Second, some research shows that all the extra calories from fat have the same effect on gaining weight as the same effect on gaining weight from an early study in this group overfed a group of people. They caused fatness. Interestingly, the group fed a high-fat diet gained weight more easily than those on a low-fat, high-carbohydrate diet.

A recent article in *Health*, "Why Fat Is Not the Answer," May 1986, discussed the reasons why fatness is not the answer. It quoted Dr. Flatt, a professor at the University of Minnesota Medical Center, who had the idea with laboratory animals. He found that dietary fat, already stored in the body, was more easily stored than carbohydrates.

To turn 100 calories of body fat costs the body three calories, or 97 calories remaining. However, turning carbohydrates into fat is more complex and costs more calories.

Flatt said that 100 calories of carbohydrates cost about 23 calories to store. These calories would

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